

The Carl T. Hayden VA Medical Center's Dr. Price Locke, staff psychologist, offers various strategies in recognizing and dealing with stress. One book he recommends is *The Relaxation and Stress Reduction Workbook* (4th edition), by Martha Davis, Elizabeth Eshelman and Matthew McKay.



The following is a short quiz to take to determine if life's little things cause you stress:

“Life’s Little Things” Quiz

For each of the following statements, circle the T if you think it is true or mostly true, and circle the F if you think it is false or mostly false.

True or False

1. I am concerned about my weight. T F
2. I have a mate or friend with whom I get along well. T F
3. Rising prices and high costs bother me. T F
4. Each day I feel I have accomplished something worthwhile. T F
5. There are a lot of things I need to do "around the house. " T F
6. I have friends I enjoy being with. T F
7. Sometimes my things get misplaced or lost. T F
8. I feel healthy. T F
9. I have too many things to do. T F
10. I get plenty of sleep. T F
11. My physical appearance is not very attractive. T F
12. Usually, I can spend enough time with people important to me. T F
13. Paying bills and managing things takes a lot of my time. T F
14. My home is pleasing and comfortable. T F
15. Somebody close to me is in bad health. T F
16. I get to eat out or at a place I like often enough. T F



Count how many odd numbered statements have T circled for your Hassle Score.
Count how many even numbered statements have T circled for your Uplift Score.

If your Hassle Score is greater than four or greater than your Uplift Score, you are vulnerable to stress caused by "Life's Little Things."

Try these simple things to learn to relax more:

PLEASANT MEMORY

This is a way to become very relaxed, quickly.

Find your spot, go soft eyes, go internal, get centered and balanced.

- Scan/relax head to toe.
- Search for a pleasant, wonderful memory.
- Reexperience it by:
 seeing what you saw: clouds, trees



hearing what you heard: birds, laughter
feeling what you felt: warm sun, cool breeze
smelling what you smelled: pie, flowers
tasting what you tasted: cool lemonade

- After a few minutes, return to normal alertness
- File the memory in your pleasant memory file; build a library of memories.
- They will stay with you and provide rapid relief from stress.